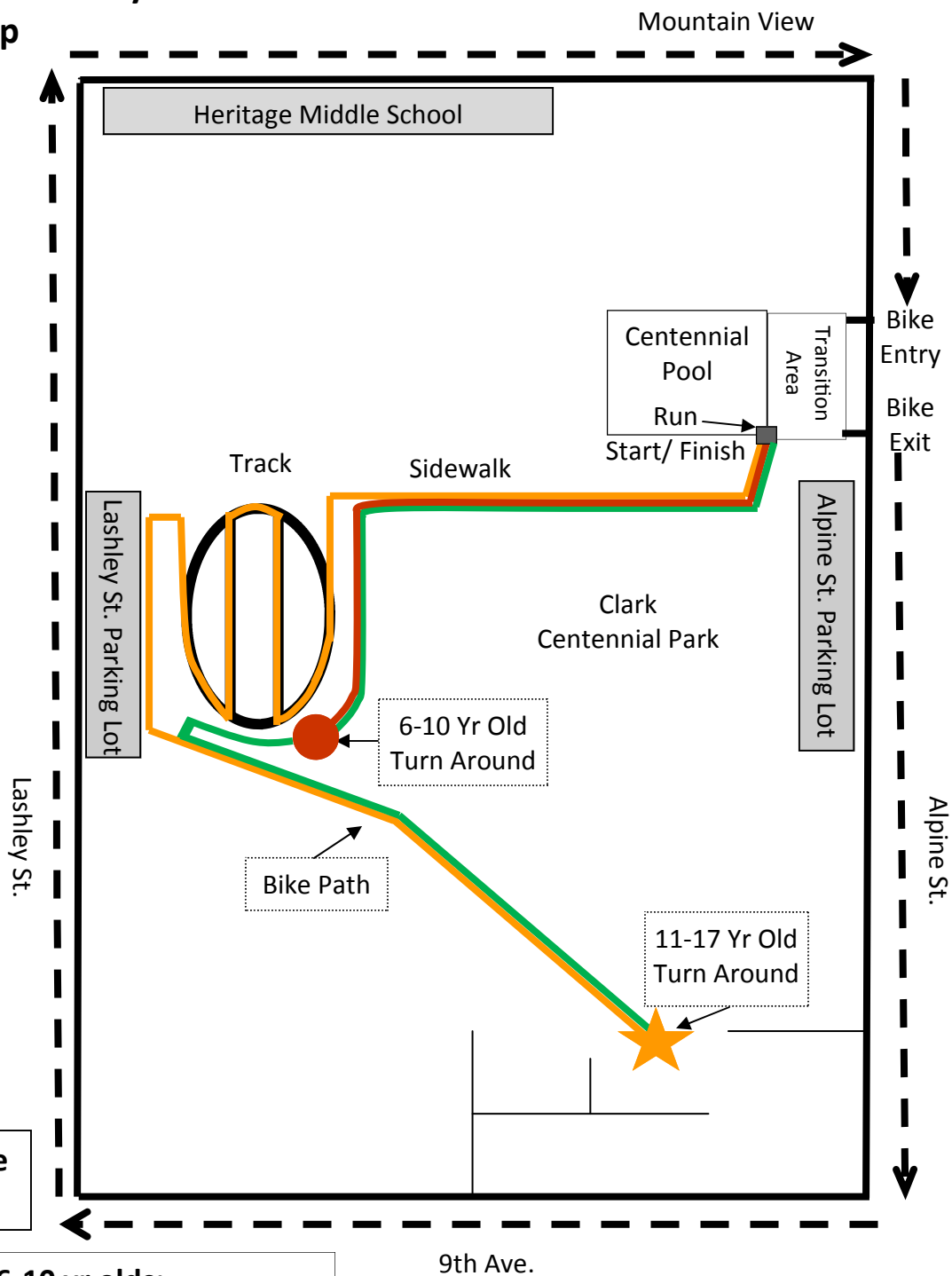


Longmont Kids Only Triathlon

Course Map



Bike Course



6-10 yr olds:

Swim 100 yards= 4 lengths of the pool
 Bike 3 miles= 2x around bike course
 Run 0.6 mile= to the ● and back
 Run is — on Map

11-12 yr olds:

Swim 200 yards= 8 lengths of the pool
 Bike 6 miles= 4x around bike course
 Run 1.2 miles= Run on side walk and bike path
 to ★ and turn around
 Run is — on Map

9th Ave.

13-17 yr olds:

Swim 400 yards= 16 lengths of the pool
 Bike 6 miles= 4x around bike course
 Run 2 miles= Run to track– follow course
 through track to the bike path to the
 ★ 1 mile turn around point
 Run is — on Map